

Problem-Solving Worksheet: Focus on Thinking

Date: _____ Member initials: _____ Friendship Minister Initials: _____

DIRECTIONS: Use this worksheet to explore how the member is **thinking about the problem** identified earlier. Work through each section together and revise as needed.

Introduce the *Problem-Solving Worksheet: Focus on Thinking*

- ⇒ *To examine how you think about the problem, we will use this worksheet.*
- ⇒ *I will write down what we discuss and check with you to make sure it is accurate.*

Step 1. Identify thoughts about the problem.

(Complete only the first column at this step.)

Write down 2–4 thoughts the member has about the problem.

Suggested prompts:

- ⇒ *When you think about (problem), what thought comes to mind?*
- ⇒ *What is another way you have thought about the problem?*

Thoughts about the problem	Resulting emotion	Influence on behavior
1.		
2.		
3.		
4.		

Step 2. Effects on emotions and behavior.

(Complete remaining columns in the table.)

For each thought, describe how it affects feelings and behavior.

Suggested prompts:

- ⇒ *How does this thought affect how you feel?*
- ⇒ *How does this thought influence what you do?*
- ⇒ *What about this next thought ...*

Step 3. Evaluate thoughts.

(Complete "Accuracy" column only.)

Evaluate each thought for accuracy.

Suggested prompts:

- ⇒ *Here's the first thought we wrote down. Do you think this thought is accurate?*
- ⇒ *What evidence supports it?*
- ⇒ *What evidence suggests it may not be accurate?*
- ⇒ *On a scale from 1 (completely inaccurate) to 10 (completely accurate), what rating would you give the thought?*
- ⇒ *What about this next thought ...*

Thought	Accuracy (1-10)	More Accurate Thought	Effect on emotion	Influence on behavior
1.				
2.				
3.				
4.				

Step 4. Encourage More Accurate Thinking

(Complete remaining columns.)

For each thought, ask the member to generate a more accurate ways of thinking. Write the new thought down. Then discuss how the more accurate thought would affect their emotions and their behavior.

Suggested prompts:

- ⇒ *So, we determined that the first thought might not be entirely accurate. How might we change it to be more accurate? Can we write down a more accurate way to think?*
- ⇒ *If you thought that way instead, how might that change the way you feel?*
- ⇒ *Would you feel (less bad, more optimistic, better, less anxious, less sad) if you thought that way?*
- ⇒ *If you thought that way instead, how might that influence your behavior?*
- ⇒ *Would your behavior also change if you thought that way?*